

8 Ways You Can Stay Healthy at Work

You can protect yourself and others by following these key action steps.



1. **Maintain a healthy lifestyle through plenty of rest, diet, exercise, and relaxation.** These actions will keep your immune system strong and create a bigger defense against any viruses that you may come in contact with.
2. **Cover your coughs and sneezes with a tissue.** If you don't have a tissue, cough or sneeze into your upper sleeve, not your hands. Put your used tissue in the waste basket. The main way that influenza viruses are thought to spread is from person to person in respiratory droplets of coughs and sneezes. (This is called "droplet spread.") This can happen when droplets from a cough or sneeze of an infected person are propelled through the air and deposited on the mouth or nose of people nearby.
3. **Wash your hands frequently with soap and water** for 20 seconds or use an alcohol-based hand cleaner if soap and water are not available. Be sure to wash your hands after coughing, sneezing, or blowing your nose.
4. **Avoid touching your nose, mouth, and eyes.** Influenza viruses may also be spread when a person touches respiratory droplets on another person or an object and then touches their own mouth or nose (or someone else's mouth or nose) before washing their hands.
5. **Keep frequently touched common surfaces clean**, such as telephones, computer keyboards, doorknobs, etc.. The influenza virus can live on hard objects up to two days—depending on humidity and temperature.
6. **Do not use other workers' phones, desks, offices, or other work tools and equipment.** If you need to use a co-workers' phone, desk, or other equipment, clean it first.
7. **Don't spread the flu!** If you are sick with flu-like illness, stay home. Symptoms of the flu include fever (100 degrees Fahrenheit or 38 degrees Celsius) or chills and cough or sore throat. In addition, symptoms of flu can include runny nose, body aches, headache, tiredness, diarrhea, or vomiting. The Centers for Disease Control and Prevention (CDC) recommends that sick workers stay at home if they are sick with flu-like illness until at least 24 hours after they are free of fever without the use of fever-reducing medicines.
8. **Get vaccinated against seasonal flu, when vaccine is available in your area.** If you are at higher risk for 2009 H1N1 flu complications you should receive the 2009 H1N1 flu vaccine when it becomes available. People at higher risk for 2009 H1N1 flu complications include pregnant women, and people with chronic medical conditions (such as asthma, heart disease, or diabetes). For more information about priority groups for vaccination, visit www.cdc.gov/H1N1flu/vaccination/acip.htm

FOR MORE INFORMATION: Visit the Butte County Public Health Department's Web site at www.buttecounty.net/publichealth for local information/resources on seasonal and/or pandemic H1N1 flu.

Information Line: 1-866-444-2405